

# Greek-Style Haloumi & Oregano Wedges

with Pear Salad & Tzatziki



Potato



Dried Oregano



Red Onion



Carrot



Pear



Spinach & Rocket Mix



Haloumi




Tzatziki



Flaked Almonds

 Hands-on: **25-35 mins**  
Ready in: **30-40 mins**

 Calorie Smart

 Naturally Gluten-Free  
*Not suitable for coeliacs*

There are plenty of surprises in this meal. With honey and oregano coating the haloumi you get herby, gooey, squeaky sweetness, while the crisp pear salad gives a sharp contrast. You'll be wishing you could have this every night!

*Unfortunately, this week's cucumber was in short supply, so we've replaced it with carrot.  
Don't worry, the recipe will be just as delicious!*

### Pantry items

Olive Oil, Red Wine Vinegar (or White Wine Vinegar), Honey

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
dried oregano	1 sachet	2 sachets
red onion	½	1
red wine vinegar* (or white wine vinegar)	¼ cup	½ cup
carrot	1	2
pear	1	2
spinach & rocket mix	1 medium bag	1 large bag
haloumi	1 packet	2 packets
honey*	1 tbs	2 tbs
tzatziki	1 packet (50g)	1 packet (100g)
flaked almonds	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2520kJ (602Cal)	457kJ (109Cal)
Protein (g)	25.9g	4.7g
Fat, total (g)	31.6g	5.7g
- saturated (g)	15.1g	2.7g
Carbohydrate (g)	49.1g	8.9g
- sugars (g)	20.5g	8.9g
Sodium (mg)	1157mg	210mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Bake the wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into wedges. Place on a lined oven tray. Drizzle with **olive oil**, sprinkle over 1/2 the **dried oregano** and season with **salt** and **pepper**. Toss to coat. Bake until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the wedges between two trays.

2



## Pickle the onion

While the wedges are baking, thinly slice the **red onion** (see ingredients). In a small bowl, combine the **red wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch the **onion** in your hands, then add to the **vinegar**. Add just enough **water** to cover the **onion** and stir to coat. Set aside.

3



## Get prepped

Grate the **carrot**. Thinly slice the **pear**.

4



## Make the salad

In a large bowl, combine a splash of the **pickling liquid** and a drizzle of **olive oil**. Add the **spinach & rocket mix**, **carrot** and **pear**. Season to taste.

5



## Cook the haloumi

Cut the **haloumi** into four steaks (slice into two thin rectangles, then cut each rectangle in half). In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **haloumi** until golden brown, **1-2 minutes** each side. Reduce the heat to medium, then add the **honey** and remaining **oregano**. Cook, turning the **haloumi**, until fragrant, **1 minute**.

6



## Serve up

Drain the pickled onion, then add to the salad, tossing to combine. Divide the Greek-style haloumi, oregano wedges and pear salad between plates. Top with a dollop of the **tzatziki** and sprinkled with the **flaked almonds** to serve.

## Enjoy!

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